







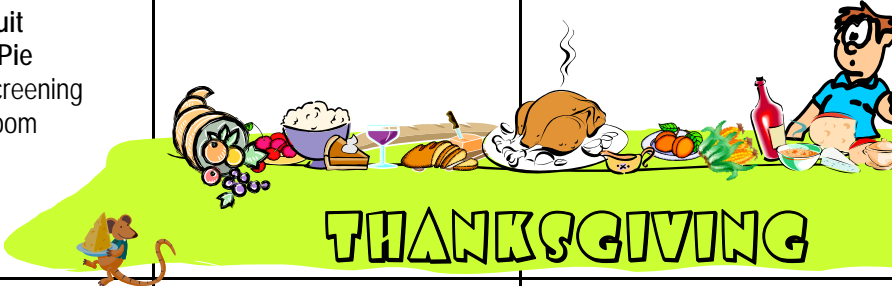
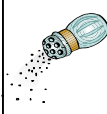


NOVEMBER 2010 LUNCH MENU & ACTIVITIES

Mon	Tue	Wed	Thu	Fri
1 10:30 Dancing, lunch room 11:45 LUNCH MENU Sesame Orange Chicken Brown Rice  Green Salad Orange 1:00 Big Bingo	2 9:00 CTAP Hearing Screening 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Salmon Fillet Brown Rice & Steamed Spinach Minestrone Soup Apple 1:00 Movie: The Last Station	3 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Beef Stroganoff  Whole Grain Roll Chilled Broccoli Salad Fruit 12:45 Bingo, lunch room	4 8:30 Notary Service 10:00 VTA Transit Cards 11:45 LUNCH MENU Chicken Pot Pie (vegetarian available) Confetti Coleslaw Banana 1:30 SALA Appointments	5 10:30 Blood Pressure Check 10:30 Dancing w/ Anna & Irv 11:45 LUNCH MENU Spaghetti w/ Meatballs Sautéed Fresh Broccoli Marinated Salad w/ olives, cucumbers and red bell pepper Pineapple 1:00 Movie: The Last Station
8 10:30 Dancing, lunch room 11:45 LUNCH MENU Korean B.B.Q. Beef Brown Rice  Potato Salad Sesame Parmesan Zucchini Mandarin Oranges 2:00 Hearing Screening	9 8:30 HICAP 9:15 Eyeglass Repair 10:30 Book Club - "American Wife" 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Chicken Asparagus Pecan Pasta  Tossed Green Salad Tropical Fruit Cup 1:00 Movie: Valentine's Day 1:00 Workshop: Is it Alzheimer's?	10 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Breaded Fish Fillet Whole Grain Roll Sautéed Cabbage and Carrots Sautéed Mushrooms Orange 12:45 Bingo, lunch room	11 VETERAN'S DAY HOLIDAY 	12 10:30 Blood Pressure Check 10:30 Dancing w/ Anna & Irv 11:45 LUNCH MENU Chicken Cacciatore Spinach Fresh Fruit 1:00 Movie: Valentine's Day
15 10:30 Dancing, lunch room 11:45 LUNCH MENU Baked Fish w/ Seasonings Whole Grain Roll Seasoned Broccoli Sweet Potatoes Fresh Fruit 1:00 MV Seasoned Travelers Meeting 2:00 Newcomers' Group	16 10:00 Workshop: Pillowcase Making 10:30 Dancing w/ Jan & Duane 11:00 CSA Information + Referral 11:45 LUNCH MENU Boneless Pork Chop Whole Grain Roll Garden Salad Vegan Split Pea Soup Tangerine & Sugar-Free Jello 1:00 Movie: Shutter Island	17 10:00 Podiatry Screening 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Chicken Enchiladas Mexicali Corn w/ Bell peppers  Parsley Buttered Carrots Tropical Fruit Cup 12:45 Bingo, lunch room 2:00 Senior Advisory Committee Meeting	18 11:15 Trans-Fat Free Campaign Activity "Choose Foods with 0 Grams Trans Fat" 11:45 LUNCH MENU Egg Frittata  Croissant Salad Three Bean Salad Pineapple 1:30 SALA Appointments	19 10:30 Blood Pressure Check 10:30 Dancing w/ Anna & Irv 11:45 LUNCH MENU Swedish Meatball: Baked Tomato  Spinach Salad Banana Celebrating November Birthdays w/ Birthday Cake 1:00 Movie: Shutter Island Don't Forget to buy raffle tickets for the Holiday Bazaar tomorrow!

Mon	Tue	Wed	Thu	Fri
22 10:30 Dancing, lunch room 11:45 LUNCH MENU Oven Roasted Chicken Breast w/ mushroom gravy Brown Rice Sautéed Fresh Broccoli & Cauliflower Peaches	23 9:15 Eyeglass Repair 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Chinese Pepper Steak Fried Brown Rice Oriental Vegetables Spinach & Banana 1:00 HICAP 1:00 Movie: The Bounty Hunter 1:00 Workshop: Filing for Medicare	24 10:30 Line Dancing, lunch room 11:45 LUNCH MENU Thanksgiving Turkey Whole-wheat stuffing (low-sodium) Sweet Potato Seasonal Vegetables Fresh Fruit Pumpkin Pie 12:30 Alzheimers' Screening 12:45 Bingo, lunch room	25 26 <div>SENIOR CENTER CLOSED FOR</div> <div></div>	
29 10:30 Dancing, lunch room 11:45 LUNCH MENU Beef Stew Whole Grain Bread Garden Salad w/ Broccoli Sugar-Free Jello w/ Pineapple	30 10:30 Dancing w/ Jan & Duane 11:45 LUNCH MENU Teriyaki Chicken Brown Rice Sautéed Asparagus Corn Orange 1:00 Movie: Remember Me	<div>NUTRITION PROGRAM - The suggested contribution is \$2.50 for people 60 years and over. The meal cost is \$5.00 for people under 60 years old. Lunch is served at 11:45 a.m. Recommended sign in time: 11:15 a.m. First come, first served.</div> <div> = Meal contains more than 1000mg sodium</div>		